

Gobble 'til you wobble, then join us to
BURN OFF those Thanksgiving dinner calories!

4th Annual Fat Friday ZUMBA®

Friday, November 23, 2012

9:00 a.m. - 10:00 a.m.



Mortensen Community Center Gymnasium * 131 Cedar Street
Newington, CT

\$5-10 DONATION & A NON-PERISHABLE FOOD ITEM

The average Thanksgiving meal can range from a whopping 3,000-7,000 calories. Get a head start on working those calories off in this fun, motivating and exciting class!

No experience? No problem! Just wear exercise clothes, bring water, and join us! Participants must be at least 16 years old. Pre-registration is not required - just show up and bring a friend! Non-residents welcome!

This event is free but participants should bring one (or more) non-perishable food item to benefit the Town's food bank and a donation (suggested amount \$5 - \$10) which will be used to sponsor two Newington families in need this holiday season.

DITCH THE WORKOUT... JOIN THE PARTY!!!

*Instructors: Jenn Trent, Lydia Borysiuk,
Mary Woods and Nina Lawrence!*



**FOR MORE INFORMATION CONTACT:
Newington Parks and Recreation Department (860) 665-8666.**

131 Cedar Street * Hotline (860)665-8686 * Fax (860)665-8739 * www.NewingtonCT.gov